

Soybeans

FOR Healthy Aging

Aging Facts



The Ontario Population is Aging:

1 in every 4 Ontario citizens will be over the age of 65 by 2041.

Ontario Agriculture

offers nutrient-rich foods.

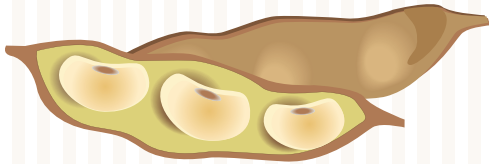


Optimal Nutrition is Key

for health promotion and disease prevention as we age.

Agriculture Facts

Soybeans are planted in the spring and harvested in the fall after they turn brown.

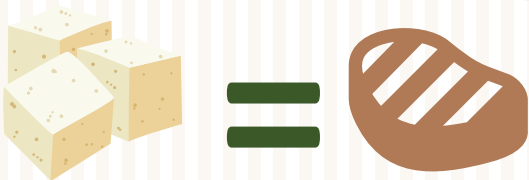


Ontario grows the most soybeans in Canada



Young soybeans that are harvested green in the summer are called **edamame**.

Nutrition Facts



1 cup of soy beverage is a serving of a milk alternative;
3/4 cup of tofu is 1 serving of a meat alternative.

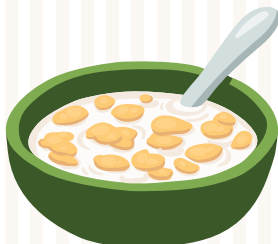


Soy foods are an excellent source of **protein** and can help to reduce bad cholesterol.

Soy contains isoflavones which can help to improve bone health.



Ways to Enjoy!



Enjoy a **soy beverage** with your cereal.



Frozen or fresh edamame makes an easy snack or side.



Try **soy nut butter** on **crackers**.